



Icebreaker

"If you want something done right, you need to do it yourself." When are you tempted to adopt that attitude?

Solo Stinks: 1 Kings 18-19 (p. 163)

If you don't have enough time to read all of 1 Kings 18-19, pick someone in the room to describe the events of the story. Discuss the details and refer to the story in the Bible to get the big picture.

Compare all these passages: 1 Kings 18:7,13; 18:22; 19:10; 19:14-18. What was Elijah's main complaint? Was it true?

What do you think of how God treated Elijah?

What do you think of how Elijah treated the people around him?

Describe in your own words what you think Elijah's problem is.

Warning: At various times, people have used this passage to invalidate the modern notion of "clinical depression" and its treatment options. Even though Elijah was obviously depressed and almost suicidal; even though God responds to Elijah by telling him to get to work and to invest in at least one relationship; and even though that same recipe continues to be effective in addressing depression among people today; we should not claim that all occurrences of depression can be solved by telling people to make a friend and get to work.

Extra Credit

If you have some time, read the passage in Matthew 26:36-46. What similarities and differences do you see in the story of Jesus and the story of Elijah?

Take it Home

What have you learned in this lesson? What is your takeaway?



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